2026 November

Centre Name: AACC (Kampung Admiralty)
Centre Address: 676 Woodlands Drive 71 #06-01 S730676
Centre Contact: 6870 8500



MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30am	
Let's Exercise with Leo (Y2S)* 10:00am - 11:00am	Let's Do Zentangle 10:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's do seated exercise* 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Learn Swimming* (SwimSeniors Programme) A. 10:00am - 10:45am B. 11:00am - 11:45am	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Jam with Ukulele (A) 10:45am-11:45am	Let's Do Line Dance 2:30pm - 4:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Let's Dance through the Eras* 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Sing Together 12:45pm - 2:45pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Let's Jam with Ukulele 11:00am - 12:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	
Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm			Let's Do Silver Steps* 4:30pm - 5:30pm	Let's Do Calligraphy 3:30pm - 5:00pm	
			Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm		

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职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Deepavali (Public Holiday)	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30am	
	Let's Do Zentangle 10:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's do seated exercise* 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
	Digital - Fab Lab Series Laser Cutting Workshop* 10:00am - 1:00pm	Stay Well Series* Be Restful (Chinese) 10:00am - 12:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:00pm - 2:00pm	
	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Dance through the Eras* 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance 2:30pm - 4:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Jam with Ukulele 11:00am - 12:00pm	Let's Bowl* 2:00pm - 4:00pm	
	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Let's Do Silver Steps* 4:30pm - 5:30pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	
			Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
Let's Exercise with Leo (Y2S) 10:00am - 11:00am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's do seated exercise* 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30am	
Let's Learn Swimming* (SwimSeniors Programme) A. 10:00am - 10:45am B. 11:00am - 11:45am	Let's Do Zentangle 10:00am - 12:00pm	Traffic Police Road Safety* 10:00am - 12:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Jam with Ukulele (A) 10:45am-11:45am	Let's Do Crochet 2:00pm - 4:00pm	Stay Well Series* Be Restful (Chinese) 10:00am - 12:00pm	Let's Dance through the Eras* 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Sing Together 12:45pm - 2:45pm	Let's Do Line Dance 2:30pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Do Silver Steps* 4:30pm - 5:30pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am	
			Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	**Centre Closed For Company D&D (3:00pm - 6:00pm)**	

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Centre Name: AACC (Kampung Admiralty)
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MON	TUE	WED	THU	FRI	SAT
23	**24**	**25**	**26**	**27**	**28**
Let's Exercise with Leo (Y2S)* 10:00am - 11:00am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's do seated exercise* 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30am	
SwimSeniors Programme 10:00am - 10:45am 11:00am - 11:45am	Let's Do Zentangle 10:00am - 12:00pm	Let's Go Gai Gai* (Bollywood & Lunch) 9:00am - 1:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Jam with Ukulele (A) 10:45am-11:45am	Let's Do Crochet 2:00pm - 4:00pm	Stay Well Series* Be Restful (Chinese) 10:00am - 12:00pm	Let's Dance through the Eras* 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Sing Together 12:45pm - 2:45pm	Let's Do Line Dance 2:30pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Do Silver Steps* 4:30pm - 5:30pm	Let's Bowl* 2:00pm - 4:00pm	
			Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Digital -IMDA Go-Digital - Workshop 3:45pm - 5:00pm	
				Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	

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2026 November

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MON	TUE	WED	THU	FRI	SAT
30					
Let's Exercise with Leo (Y2S) 10:00am - 11:00am Let's Learn Swimming* (SwimSeniors Programme) A. 10:00am - 10:45am B. 11:00am - 11:45am Let's Jam with Ukulele (A) 10:45am-11:45am Let's Sing Together 12:45pm - 2:45pm Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm					

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2026 十一月

Centre Name: AACC (Kampung Admiralty)
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Centre Contact: 6870 8500



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	服务- 社区保健站 9:00am - 1:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起做运动 10:00am - 11:00am	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起做运动 (坐式)** 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
一起学游泳 10:00am - 10:45am 11:00am - 11.45am	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起玩乌克丽丽 (A) 10:45am - 11:45am	一起跳排舞 2:30pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起跳舞 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
一起学唱歌 12:45pm - 2:45pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		一起玩乌克丽丽 11:00am - 12:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	
一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm			一起与我们跳舞（Silver Steps） 4:30am - 5:30pm	一起写书法 3:30pm - 5:00pm	
			一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		

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2026 十一月

Centre Name: AACC (Kampung Admiralty)
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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
屠妖节 (公工假期)	一起练气功 8:30am - 9:30am	服务- 社区保健站 9:00am - 1:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起做运动 (坐式)** 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
	激光切割工作坊 10:00am - 1:00pm	保健系列 - 健康讲座 (尤质睡眠） 10:00am - 12:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起跳舞 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 2:30pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起玩乌克丽丽 11:00am - 12:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		一起与我们跳舞（Silver Steps） 4:30am - 5:30pm		
			一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
一起做运动 10:00am - 11:00am	一起练气功 8:30am - 9:30am	服务- 社区保健站 9:00am - 1:00pm	一起做运动 (坐式)** 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起学游泳 10:00am - 10:45am 11:00am - 11.45am	一起做禅绕画 10:00am - 12:00pm	保健系列 - 健康讲座 (尤质睡眠） 10:00am - 12:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
一起玩乌克丽丽 (A) 10:45am - 11:45am	一起做钩针编织 2:00pm - 4:00pm	交警道路交通安全 10:00am - 12:00pm	一起跳舞 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起学唱歌 12:45pm - 2:45pm	一起跳排舞 2:30pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起玩乌克丽丽 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:00pm	
一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起与我们跳舞（Silver Steps） 4:30am - 5:30pm	一起游戏时间 9:30am - 11:30am	
			一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	**中心关闭 (3:00pm - 6:00pm)**	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
一起做运动 10:00am - 11:00am	一起练气功 8:30am - 9:30am	服务- 社区保健站 9:00am - 1:00pm	一起做运动 (坐式)** 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起学游泳 10:00am - 10:45am 11:00am - 11.45am	一起做禅绕画 10:00am - 12:00pm	保健系列 - 健康讲座 (尤质睡眠） 10:00am - 12:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
一起玩乌克丽丽 (A) 10:45am - 11:45am	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起跳舞 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起学唱歌 12:45pm - 2:45pm	一起跳排舞 2:30pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起玩乌克丽丽 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		一起与我们跳舞（Silver Steps） 4:30am - 5:30pm	一起打保龄球 2:00pm - 4:00pm	
			一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	数码乐龄计划 - 培训课程 3:45pm - 5:00pm	
				一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	

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一起做运动 10:00am - 11:00am 一起学游泳 10:00am - 10:45am 11:00am - 11.45am 一起玩乌克丽丽 (A) 10:45am - 11:45am 一起学唱歌 12:45pm - 2:45pm 一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm					

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